

ROAR STREET JOURNAL

Office Solutions



Since the office is currently in energy saving mode, let's review our work efficiency.





Every person has their own approach to stress from over work, so there's a different solution for everyone.

PROBLEM

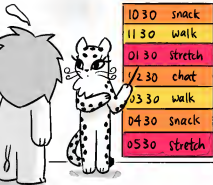
PROBLEM

Brain shuts down from over work



SOLUTION

Take breaks to revive the brain



PROBLEM

Perfectionism and mood becomes worse





SOLUTION

Someone to intervene

This is good enough!
I'll take this!

Thank you, R&J's
lovely secretary!



PROBLEM

Tiredness from low energy



low blood

sugar





SOLUTION

Sugary drink



lemonade



PROBLEM

Daydreaming and cannot focus



SOLUTION

Chew candies to keep focusing





(chewing gum can help focus, but Tiffany prefers candies)

PROBLEM

Wants to get moving



SOLUTION

Exercise-work table



PROBLEM

Mentally drained from over work





SOLUTION

Private workspace



PROBLEM

Bad temper that affects other coworkers





SOLUTION

Soundproof workspace





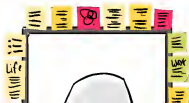
PROBLEM

Begin questioning the meaning of work and life



SOLUTION

Have the answers ready





PROBLEM

Neck and limbs get cold

Can't type...



SOLUTION

Warm scarf, blankets and hot drinks





PROBLEM

PROBLEM

Gets sleepy



SOLUTION

Nap time during work



PROBLEM

Tired eyes and body from sitting too long





SOLUTION

Gym-office and wear blue light glasses



PROBLEM

Loss of inner peace



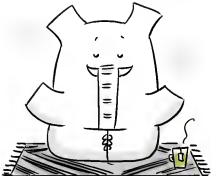


SOLUTION

Meditation sessions and herbal tea

inner

peace



~~PROBLEM~~



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